

Lesson Plan

Beauty Therapy



Lesson plan - 20 minutes

AIM:

Developing spa body skills.

ACTIVITY:

Luxury Spa Body Treatment.

Suitable for

Students undertaking: Beauty Therapy and level 3 (level 6 Scottish Vocational Qualification)

Resources needed

1. Video & LMS access (link)
2. Task brief
3. Marking criteria/scheme
4. Infrastructure list
5. H&S checklist
6. Skill fact sheet (WSUK)
7. End of assessment quiz

Skills

Self-management, informed, reflection, self-belief, drive, organisation, good communication, passion, self-assessment, knowledge of anatomy and physiology, contra-indications, contra-actions, massage techniques, skin conditions/types.

Learning outcomes

After completing this activity learners will be able to:

- prepare for treatment efficiently and effectively, ensuring all health and safety is adhered to
- create a tailored treatment using the clients' consultation card to consider their needs and requirements, including massage techniques and products
- recognise the importance of cleanliness throughout
- maintain good posture sustained throughout the treatment
- explore a full range of massage movements and therapist dexterity.

Delivery modes

1. Students can go through the online materials independently – either at your facilities, if you have access to enough computers, or can go through the materials at home in their own time.
2. You can download and print all relevant resources, access the video demo and deliver the activity in the classroom.

Section	Timings	Key teaching points
Lesson Plan	5 minutes	Introduce the topic and its relevance. Perform a luxury spa back treatment in 1 hour.
Video OR photo demonstration (ensure descriptors are provided for each photo)	10 minutes	Get students thinking about <ul style="list-style-type: none"> • watch video and view photos provided • how could you personalise your treatment for your client? • different massage techniques.
Task Brief (below)	10 minutes	Familiarise students with the key steps to complete the set task. Steps: <ul style="list-style-type: none"> • set up outside of treatment task time • time starts once you get the client on the couch • ensure support and modesty is in place, wash hands and fill bowl of water • cleanse the back using a prepared routine and remove thoroughly • exfoliate the back using a prepared routine • ensure all exfoliator and residue is removed thoroughly CP* • massage applied for 25 minutes, using a minimum of 3 techniques TC* • remove massage oil, leaving no residue CP • apply mask to back neatly, with no lumps and bumps, covering all areas • cover client with foil and towel • leave mask on for 5 minutes, time starts as soon as mask application is finished TC • remove mask leaving no residue on client's skin • finish task with client in client chair with glass of water.
Infrastructure and H&S checklist	10 minutes	Prepare for the activity by ensuring all equipment is ready to use and that all H&S checks are in place. See Health and Safety Form.
Task Completion	10 minutes	Get students to complete the task by following the instructions on the task brief.
Marking Criteria	2 minutes	Provide marking scheme to the students and encourage learners to record their received marking on LMS. Find the marking scheme in the resource library. Learners will also have access to this in their resource library. Please, don't forget to feedback to WorldSkills UK.

***TC** = Time Check, when therapist tells judge of time so can be timed

***CP** = Check Point, when judges physically feel and check for the mark
(e.g. the judge will check if any residue was left by the neck or ears)